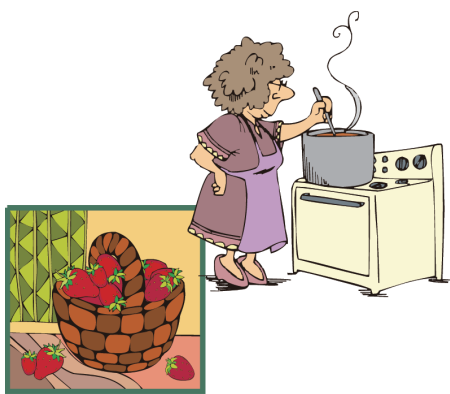


目錄 catalogue

Definition of Acute Gastroenteritis -----	P (2)
Symptoms -----	P (4)
Common causes of acute gastroenteritis -----	P (6)
Examinations and Treatments -	P (8)
Management -----	P (10)
Precautions -----	P (12)
See your doctor when: -----	P (14)
急性腸胃炎定義 -----	P (3)
症狀 -----	P (5)
常見引起的原因 -----	P (7)
醫師會作什麼檢查及處置 -----	P (9)
照顧原則 -----	P (11)
如何預防急性腸胃炎 -----	P (13)
須返院追蹤情況 -----	P (15)

Definition of Acute Gastroenteritis

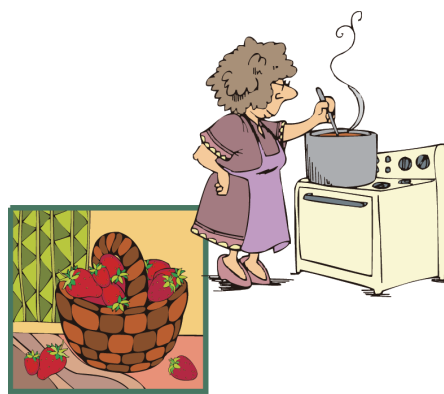
Gastroenteritis is a condition that is spread through the mouth and is closely associated with consuming contaminated food or drink. Examples include consumption of spoiled food, unclean water, raw or undercooked food and use of dirty containers. These can introduce bacteria or viruses into the stomach and intestines and cause acute gastroenteritis.



2

急性腸胃炎定義

腸胃炎是一種病從口入的疾病，跟飲食衛生有相當大的關係，大多因為食用不潔的食物、污染的水、未煮熟食物，或是烹煮用具不乾淨，造成細菌、病毒、桿菌的侵入，所引起的腸胃黏膜急性發炎。



3

Symptoms

Common symptoms include nausea, vomiting, abdominal pain, abdominal flatulence, diarrhea, fever, sweating, dehydration and even shock.

症狀

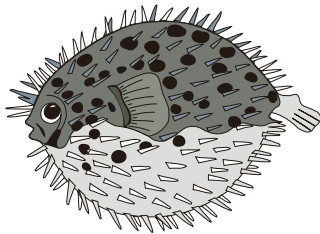
常見的症狀有噁心、嘔吐、肚子痛、腹脹、腹瀉、發燒、流汗、脫水，嚴重時甚至引起休克。



Common causes of acute gastroenteritis

Food and water containing the following reasons, easily lead to gastroenteritis:

1. Viral : rotavirus, adenovirus, and enterovirus.
2. Bacterial : *Staphylococcus aureus*, *Escherichia coli*, and *Salmonella*.
3. Food or chemical poisoning: mushroom or grass poisoning, toxic shellfish and mussels, harmful additives or preservatives, excess seasoning spices and residues of pesticide.
4. Protozoan : Entamoeba histolytica.

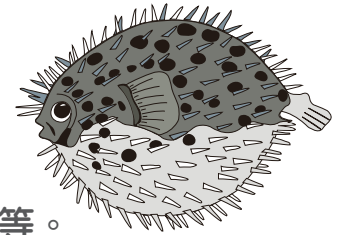


6

常見引起的原因

食物及飲水含有下列原因，容易引起腸胃炎：

1. 病毒型：
輪狀病毒、腺病毒、腸病毒。
2. 細菌型：
葡萄球菌、大腸桿菌、沙門桿菌。
3. 食物或化學性中毒：
毒菇、毒草或河豚、毒貝不良添加物、色素、有害防腐劑、過量香料、殘留農藥等。
4. 原蟲性感染，
如阿米巴痢疾等。



7

Examinations and Treatments

1. Your doctor may order X-ray examination, ultrasound, blood, urine and stool tests depending on your history and symptoms.
2. Your doctor may order intravenous infusions, antiemetics, antimotility drugs, antibiotics, antipyretic or cytoprotective agents depending on your condition.

醫師會作什麼檢查及處置

1. 醫生依據臨床病史和症狀，安排抽血、驗糞便、X光、超音波檢查等。
2. 依情況給予點滴補充、止吐劑、緩瀉劑、保護胃黏膜藥物、抗生素或退燒藥等。

Management

1. Wear gloves and wash hands vigorously, especially after contact with vomit or excrement.
2. Take moderate amounts of glucose, mineral water or sport drinks.
3. Fast for a day or two to rest your stomach.
4. Start taking soft or liquid food such as cooked cereal, white toast, noodles or soft-boiled eggs after improvement of symptoms.
5. Take medicines as prescribed by doctors.

照顧原則

1. 照顧腹瀉病人，尤其是接觸到嘔吐物或腹瀉物時，需穿戴手套、多洗手。
2. 適度的補充葡萄糖、電解質液或稀釋一倍的運動飲料。
3. 1 ~ 2 天內暫時不要吃東西讓腸胃休息。
4. 當嘔吐、腹脹、腹痛症狀改善後，可嘗試由流質、清淡的飲食開始，如白稀飯、白吐司、陽春麵條或蒸蛋等，開始進食。
5. 按時服用醫師開立的口服藥物。

Precautions

1. Wash hands carefully when preparing food, before eating or after using the restroom.
2. Hygiene control; do not eat raw food, outdated or contaminated food or food of unidentified sources.
3. Separate cutting boards for raw and cooked food.
4. Prepare your own containers when eating out in restaurants.
5. Wash fruits or vegetables carefully.
6. Do not take antiemetic drugs unless prescribed by doctors. Patients should go to visit doctors if serious symptoms develop.

如何預防急性腸胃炎

1. 勤洗手，如烹調食物、飯前便後。
2. 注意飲食衛生，不吃生食或未煮熟及來路不明的食物。
3. 準備兩塊砧板，生食熟食分別使用不同砧板處理。
4. 外食時選擇清潔衛生的店家，並自備餐具。
5. 蔬果要仔細清洗乾淨。
6. 不要隨便吃止瀉藥，應到醫院就診，以免延誤到病情及治療。

See your doctor when:

1. Symptoms last over a day or longer.
2. Severe diarrhea causes dry mouth, weakness or dry skin.
3. Mucus or blood is present in the stool.
4. Persistent fever or worsening abdominal pain develops.



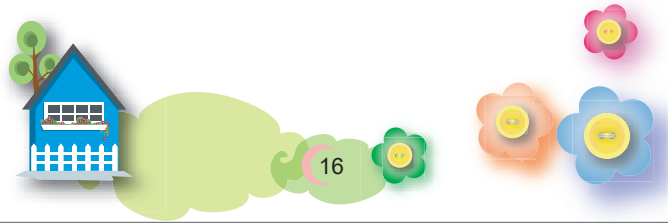
須返院追蹤情況

1. 症狀超過一天。
2. 嚴重拉肚子造成口渴、無力、皮膚乾燥。
3. 黏液便、血便。
4. 發燒不退或腹痛加劇。





Memorandum



敬祝您
身體健康 平安吉祥

Wish you
Healthy & Peaceful

佛教慈濟醫療財團法人

各院區健康諮詢專線

Health consultancy of Buddhist Tzu-Chi Hospital :

花蓮慈濟醫院 Hualien Tzu Chi Hospital : (03)8562016

玉里慈濟醫院 Yuli Tzu Chi Hospital : (03)8882718-9

關山慈濟醫院 Kuanshan Tzu Chi Hospital : (089)8148000-128

台北慈濟醫院 Taipei Tzu Chi Hospital : (02)66289779-2236

台中慈濟醫院 Taichung Tzu Chi Hospital : (04)25368069

大林慈濟醫院 Dalin Tzu Chi Hospital : (05)2648333

斗六慈濟醫院 Douliou Tzu Chi Hospital : (05)5372000-127

嘉義慈濟診所 Chiayi Outpatient Department of Dalin Tzu Chi Hospital : (05)2167000

網址 Web site : <https://dalin.tzuchi-healthcare.org.tw/>

大林慈院 113. 修訂

E8R2876762-03



佛教大林慈濟醫院
Buddhist Dalin Tzu Chi Hospital

急性腸胃炎 該怎麼辦？

What to do with acute gastroenteritis?

中英文